

# Energizing Your Students With School Breakfast and Lunch

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# Today's Session

- Recap what's new and what's next in school meal patterns
- Meal pattern clarifications
- Existing flexibilities
- USDA-developed resources
- Additional resources
- Q&A

# Changes for SY 2014-2015

- All grains must be “whole-grain rich”
- First sodium reduction target
- Breakfast fruit serving increases to 1 cup per day
- ½ c fruit selected at breakfast under OVS

# Fruits in All Forms

- To increase variety and reduce costs, consider
  - Fresh
  - Frozen (without or without added sugar)
  - Dried
  - Canned in water, fruit juice, or light syrup

# Playing with Portion Sizes

- Menu planner decides how to offer fruits and vegetables
  - Single 1 cup serving
  - Two  $\frac{1}{2}$  cup servings
  - Multiple smaller servings ( $\frac{1}{4}$  cup)
- At breakfast, fruit can be offered as one or two items for OVS

# Mixing it Up Each Week

- Small servings of each vegetable subgroup offered over the week
- Consider vegetable combinations or adding to entrees

# It's Easy Being Greenwith Salad Bars

- Great way to meet meal pattern requirements, especially vegetable subgroups
- Daily variety of options not required
- Ensure students are offered the required portions
  - Pre-portion or assign a monitor if after POS
- See Memo SP-31-2013, Team Nutrition and Smarter Lunchroom resources for more!

# Giving Vegetables Some Credit (at Breakfast)

- Menu planner decides how and when to offer optional vegetables
- Can substitute for part or all of fruit requirement
  - First 2 cups of vegetables must be non-starchy (dark green, red/orange, beans/peas or “other”)



# Become a Smooth(ie) Operator

- Fruit smoothies made in-house may credit toward fruit and milk components
  - Only credit fruit in commercial products
- At breakfast, can now also credit yogurt as optional meat/ma
- All meal component minimums must be met and must still offer variety of milk choices

# Nothing but the Whole (Grain) Truth

- All grain products must contain at least 50% whole grains and remainder must be enriched
- Whole grain-rich  $\neq$  100% whole grain

**WE LOVE  
WHOLE GRAIN-RICH FOODS**

# Now a Word about Dietary Specs

- Calorie limits apply to the average meal offered over the entire week
- No calorie limits per meal or per student

# Sodium Target 1

- Don't Get Salty sessions today at 12:00 and 1:15pm
- According to SNDA-IV, average school was already at, or close to, Target 1 in 2009-10

Grades	School Breakfast Program	National School Lunch Program
K-5	$\leq 540$	$\leq 1,230$
6-8	$\leq 600$	$\leq 1,360$
9-12	$\leq 640$	$\leq 1,420$

# The ABCs of OVS

- Components at lunch, items at breakfast
- Menu planners may pre-plate meals or bundle foods, even under OVS
- Can decline any item, including milk (1/2 cup fruit/veg must be selected)
- Updated OVS Guidance coming soon

# Age/Grade Groups Overlap - Sometimes

- All three grade groups overlap at breakfast
- Overlap for K-5 and 6-8 groups at lunch
- To ease menu planning for grades 6-8 and 9-12, see suggestions in memo SP 10-2012

## But, if you are an RCCI...

- Able to serve one meal pattern to multiple age/grade groups
- Prior State agency approval required
- Meet criteria in FNS memo SP 38-2012
- Memo SP 48-2013 extended flexibility to alternative schools



# We are Listening!

- We appreciate the feedback from parents, schools, States and other partners
- Many operators implementing changes successfully
- Some still have challenges and we are committed to working through them
- A quick reminder...

# Existing Meal Pattern Flexibilities

- Phased-in Breakfast implementation
- Option to offer a daily meat/meat alternate at breakfast
- Allowed students to take just  $\frac{1}{2}$  cup of fruit or vegetables under OVS
- Removed the starchy vegetable limit that had been proposed
- Pushed out the second sodium target by an additional year
- Relaxed weekly maximums on grain and meat/meat alternates
- Allowed frozen fruit with added sugar
- Clarified allowable whole grain-rich corn products
- Provided two-year flexibility for schools that cannot obtain acceptable whole grain-rich pasta
- Provided Smart Snack exemption for grain-only entrees served at breakfast

# Spaghetti, Shells, Rotini, Oh My!

- SFAs may use enriched pasta for next 2 years
- Able to show significant challenges in obtaining, preparing or serving WGR pastas
- State approval needed
- USDA working with industry to increase available high-quality products
- See FNS memo, SP 47-2014 for details

**TOOLS, TIPS, AND ENERGIZERS**

# Tools for Schools

- <http://www.fns.usda.gov/healthierschoolday>
- Your one-stop guide to nutrition standards for school meals and snacks
  - Free nutrition materials, training, and recipes for school food service
  - Smarter Lunchroom strategies
  - Tips for offering more fruits, vegetables, and whole grain-rich foods
  - Grant opportunities
  - Best practices from other schools
  - Regulations and policies

# Energize Your Day with School Breakfast

- <http://www.fns.usda.gov/healthierschoolday>
- Explores ways to offer breakfast to maximize participation
  - Traditional Breakfast Service
  - Breakfast in the Classroom
  - Grab 'N' Go Breakfast
  - Using Mobile Carts for Grab 'N' Go Breakfast
  - Breakfast After First Period
  - Breakfast on the Bus
- Shares marketing tools and strategies
- Includes sample menus and budgeting resources

# Energize Your Day with School Breakfast

- PSAs and posters developed with the Presidents Council on Fitness, Sports and Nutrition (available online)
- <http://www.fns.usda.gov/healthierschoolday>

# Team Nutrition

- Breakfast event ideas, posters, stickers
- New resources that support breakfast promotion efforts
  - Two kid-tested posters, one for Elementary Schools and one for Middle Schools
  - Team Nutrition Popular Events idea booklet also includes two breakfast promotion events for elementary and middle schools, with creative themes connected to Team Nutrition posters, classroom, home, and other activities.



# Healthy Meals Resource System

- Best Practices Sharing Center
  - <http://healthymeals.nal.usda.gov>
- State and SFA Developed Resources
  - Menus
  - Recipes
  - Training Materials
  - Signage
  - Success Stories

# We want your feedback!

- Share your best practices, challenges, and concerns
  - <http://healthymeals.nal.usda.gov/best-practices>

# National Food Service Management Institute (NFSMI)

- Meal Pattern Training on Lunch and Breakfast  
<http://nfsmi.org/ResourceOverview.aspx?ID=425>
- Healthy Cuisine for Kids  
<http://nfsmi.org/ResourceOverview.aspx?ID=84>

# Small Changes, Big Rewards

- Create Anticipation: Involve students in giving menu items descriptive or creative menu names
- Spotlight Healthy Options: Attractive displays, good lighting, placement at eye level, signage
- Be Food Coaches: Use positive encouragement, ask, offer a choice
- Think First Seen, First Taken: Place targeted entrée first in hot serving line
- Create Kid-Appeal
  - Provide choice (oatmeal bars, yogurt parfait bars, salad bars, burrito bars)
  - Make it easy-to-eat (smoothies, cut up fruit, grab n' go salads)
  - Consider sensory appeal (color, plating, temperature, texture, ripeness of fruit)

# B.E.N. Center's Smarter Lunchrooms

- Self-Assessment Scorecard
- <http://smarterlunchrooms.org/resources>
- Identify easy ways your school can use behavioral economics to encourage healthy choices (and consumption)
- At least one daily fruit option is available near all registers (If there are concerns regarding edible peel, fruit can be bagged or wrapped)

# Engaging Students

- Taste-Testing Events
- Student Advisory Committee
- Discussion Groups
- Surveys
- Comment Boxes
- Promotional Activities and Events
- Classroom Nutrition Education

# Try Day Fridays

- Try-Days offer children and school staff the chance to try new foods in a fun and supportive environment
- Stickers provide positive reinforcement for younger children
- Incorporate popular foods on the school menu
- <http://teamnutrition.usda.gov>

# You Control the School Menu

- Give students a voice in selecting healthy school menu items
- Empower them to make nutritious choices
- Share voting results in innovative ways.
- Promote favorites as the students' choice on the menu
- Involve students in naming menu items



# Fruit and Vegetable Messaging

- <http://www.teamnutrition.usda.gov>
- Kid-tested materials with fruit and vegetable messaging that schools can use to support school meal offerings and nutrition education efforts

# Feature Local Foods on Your Menu

- Sacramento Unified School District features local produce on the salad bar at breakfast time (Pears, Mandarins, Stone Fruit, Apples)
- Many schools feature local fruits and vegetables as part of a “Harvest of the Month” program

# Team Nutrition Garden Resources

- School gardens
  - Can help boost children's preferences for fruits and vegetables
- Team Nutrition resources for schools connect school gardening activities to nutrition messages and cafeteria offerings
  - <http://www.teamnutrition.usda.gov>

# Getting to Know (and Like) Whole Grains

- Team Nutrition resources to help schools increase awareness and acceptance of whole grains
  - The Team Nutrition Popular Events Idea Booklet
  - Whole World of Whole Grains Event
  - Recipe for Healthy Kids Cookbook for Homes
  - Discover MyPlate Look and Cook recipe cards

# Whole Grain Resource for NSLP/SBP

- Overview of Grains criteria
- Exercises using sample grain products
- Calculation examples
- Tips on how to purchase and store whole grain items
- Suggestions on how to serve whole grain-rich foods that children will enjoy
- Available in the Resource Library at <http://www.teamnutrition.usda.gov>

# Just the Facts

- Fact sheets being updated to include more operational tips for school nutrition professionals, as well as Smarter Lunchroom techniques
- “Hot off the press” at SNA are fact sheets for:
  - Reducing Sodium
  - Whole Grain-Rich Pasta
- Working on updating fact sheets for
  - Fruits
  - Vegetables
  - Whole Grains

# Whole Grains Messages for Parents

- <http://www.fns.usda.gov/core-nutrition/especially-moms>
- Audience-tested whole grain messages for mothers of elementary and pre-school aged children

# Exploring New Products

- Pittsburgh Unified School District worked with a small, local bakery to develop whole grain muffin mixes
- Muffin mixes are purchased in bulk from the bakery and baked fresh on-site, leaving the cafeterias smelling delicious



# Exploring New Products

- Portland Public Schools connected their local grain supplier with a small, family owned Portland distributor to develop a new oatmeal breakfast square
  - Meets whole grain nutrition standards
  - Working to find a local bakery to produce the squares for next school year

# More Farm to School Connections

- Visit the Farm to School site:  
[www.fns.usda.gov/farmentoschool](http://www.fns.usda.gov/farmentoschool)
- Sign up for the bi-weekly [e-letter](#)

# Team Nutrition Graphics Library

- <http://www.fns.usda.gov/tn/graphics-library>
  - For menus, newsletters, Web site, signs, labels, stickers

# Healthy Meals Resource System

- <http://healthymeals.nal.usda.gov>
- Menu planning tools and resources to incorporate what's in season into school menus
  - Resources for marketing, promoting, serving and preparing F&V
  - Selection and cooking tips for whole grains
  - Materials to help link the excitement for school meals and school food to what's happening in the classrooms

# What's Cooking?

- USDA Mixing Bowl
  - Interactive recipe and menu building tool
- <http://www.whatscooking.fns.usda.gov>
- Find household recipes
  - Large quantity recipes for schools
  - SNAP recipes
  - recipes in Spanish
- Submit recipes
  - Provide star ratings
  - Review recipes
  - Share on social media networks

# Recipes for Healthy Kids

- Cookbooks for Homes and Schools
- <http://www.teamnutrition.usda.gov>
- Feature foods both children and adults should consume more of
  - Dark green and orange vegetables
  - Dry beans and peas
  - Whole grains

# Food Buying Guide for Child Nutrition

- <http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>
- Updating
- New Releases:
  - Separation of Vegetables & Fruits
  - Updated Meats/Meat Alternates Section
  - Updated Milk Section
- Food Yield Study - in progress

# New Resources in Development

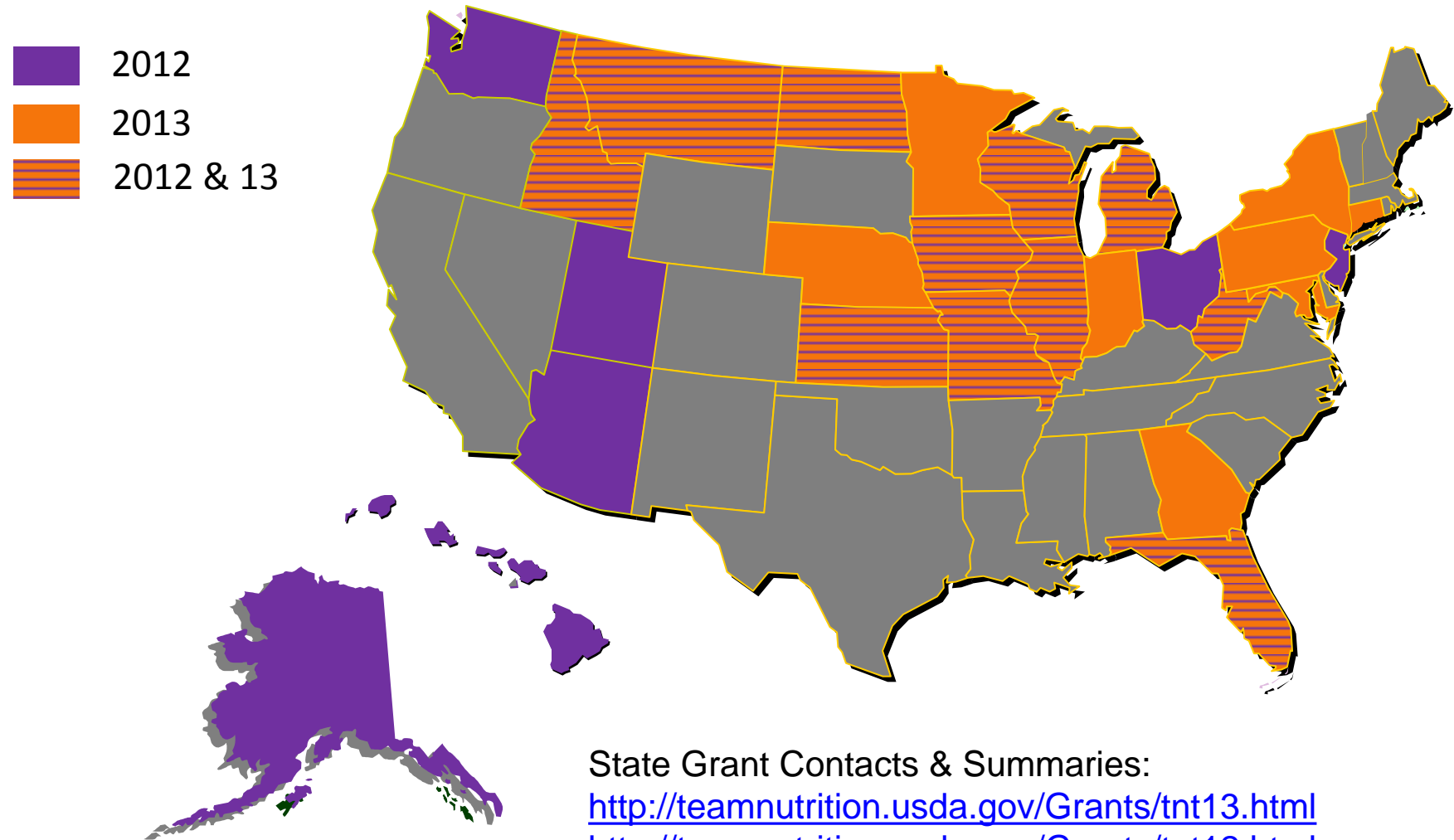
- A Menu Planner for Healthy School Meals is being updated
- Meal pattern requirements
- Sample menus
- Menu planning tips
- Production record templates
- What would you like this resource to include?
  - Email us at: [TeamNutrition@fns.usa.gov](mailto:TeamNutrition@fns.usa.gov)



# Team Nutrition Training Grants

- State agencies administering NSLP or CACFP can apply for two-year grants up to \$350,000
- States have used funds to provide training, technical assistance, and resources to schools to assist them in effectively implementing the new meal patterns.
  - Culinary training
  - Development of cycle menus that meet the new meal pattern requirements
  - Menu planning resources (trainings, worksheets, etc.)
  - Marketing menus and healthy options to students
  - Recipe development

# Team Nutrition Training Grants



## State Grant Contacts & Summaries:

<http://teamnutrition.usda.gov/Grants/tnt13.html>

<http://teamnutrition.usda.gov/Grants/tnt12.html>

Shares?

How is your school energizing school meals?

**QUESTIONS?**